**Project Disconnect Part One**

Dear Parent/Guardian:

As you are likely well aware, we are living in an environment incredibly saturated by technology. As an educator, I have found that digital media can interfere with a teenager’s social, emotional and physical well being, and certainly hinder academic success. In addition, I have found that they rarely disconnect from all forms at once. Thus, I am introducing a project called: Project Disconnect. This project is an opportunity for your son or daughter to completely disconnect from all forms of media for a 24 or 48 hour period. The project includes giving up the following for 24/48 hours: **cellphone, laptop, television, video games, I-pads/I-pods, music listening devices, and any other digital media they use on a daily basis.** Through participation in the project it is my hope that they can be reminded about the importance of communication, non-digital interaction, and family. Unfortunately, many parents do not realize the extent to which their son/daughter is “connected” and I would encourage you to use the project as a platform to discuss digital boundaries. Our class discussions involved topics such as: Online bullying, texting and driving, how technology impacts relationships (sexting, checking a partner’s phone, sharing passwords, etc.), as well as general cell phone etiquette.

The project would require you to monitor your child while with them and ensure that they do not use the above devices, and that you maintain control of their phone, laptop, music listening devices, etc during the time of the project. **It is recommended that you confiscate the items for the duration of the project.** You are being asked to sign the permission slip below so that I can be confident that your son/daughter has made you aware of the assignment. The hope is that this project will encourage them to “disconnect” from time to time!!

Please feel free to contact me with questions! If you do NOT want your child to participate in the project, please indicate so below. There will be an alternative assignment provided.

Sincerely,

Sarah Drury/Health Teacher [sarah.drury@gorhamschools.org](mailto:sarahdr@gorhamschools.org) 222-1092

**I agree to allow my son/daughter to participate in Project Disconnect at Gorham High School. I understand that giving my permission means that they will not have their cell phone, laptop, music listening device, watch television, or play video games for a 24 or 48 hour period. I also will do my best to ensure that they follow the guidelines listed above.**

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Printed Parent/Guardian Name Student’s Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian

**I do NOT want my child to participate in the project \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

I DO want my child to participate and they will be disconnecting ON: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For: 24 hours 48 hours (circle one)  **Date(s) (Must be from 9/30- 10/7)**

If you disconnect for 48 hours you will get 5 extra credit points on the project grade.

Your son/daughter will be asked to get your signature again after the 24-48 hour period is complete, in order to ensure that they followed the guidelines described above!

**Project Disconnect Part One**

**After disconnecting signature:**

Dear Parent/Guardian:

Thank you for allowing your son/daughter to participate in Project Disconnect!

**By signing below, I believe that my son/daughter followed the guidelines for Project Disconnect. Those guidelines included abstaining from: a cellphone, television, Internet, video games, mp3 players, and any other digital media, unless absolutely required for schoolwork.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Printed Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

Please provide any comments you would like below:

**Project Disconnect Part 2**

Let's Talk about Technology

I think that an open and honest line of communication with your parents (or any important adult in your life, for that matter) is essential if you are to make sensible choices regarding appropriate use of technology. You need to start thinking of adults as a source of knowledge and wisdom, not just as people trying to shape your destiny. In an attempt to achieve that end I would like for you to review this list of topics with your parents or guardians. Please check the appropriate box after discussing the following topics with them *(Note: if any of the following topics are too sensitive for your parents to discuss please skip over them):*

* Let's begin with me telling you about my personal philosophy of technology use (that's you talking here, not your parents). When is it appropriate/inappropriate? What role does it play in your life?, How important is it, etc.
* How do you feel about cell phone use and driving? Is it ok for me to make phone calls? To text? What should I do if I need to get in touch with you while I am using our car?
* What do you think about cell phone blocking technology while driving? (if they don’t know what it is, tell them!)
* What would be the consequence if I was caught using my phone while driving?
* We are having dinner as a family, should I be using my technology (phone, laptop) while we are eating?
* How much time spent using technology each day is appropriate? (phone, laptop, video games)
* How do you feel about me using my phone at night after I have gone to bed? Should it be turned off, and if so, at what time? Can I leave it on if I use it for an alarm?
* How do you feel about me texting at school? What if it is during a study hall or between classes?
* When I am doing my homework, where should my phone and laptop be?
* What are your thoughts about parents having full access to a teen’s Facebook, Twitter, and Cell Phone? Should parents have passwords to these accounts and check them on a regular basis? Why or why not?
* What do you feel is appropriate and inappropriate to talk about and post on Facebook? (including pics)
* What is appropriate/inappropriate use of texting between dating teens? How about sexting?
* How would you feel if you found out I was being cyberbullied? How would you help? How would you feel if you found out I was cyberbullying another person? What actions would you take?

After discussing this assignment with your parents, please have them sign below.

Name of parent/guardian (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Comments:

Thank you for sharing your time and wisdom with your daughter or son. We both greatly appreciate it*.*

***Parents, if you have any questions or concerns about this assignment or our unit on the issues surrounding substance use/abuse and addiction, please feel free to email me at*** [***sarah.drury@gorhamschools.org***](mailto:sarah.drury@gorhamschools.org)

Do you have any suggestions on how to improve this assignment? Please write them below:

**Project Disconnect Guidelines**

1. Have your parent/guardian sign the permission slip for Part One of the project.
2. The permission slip must include the day/days you are going to disconnect for (Tues Sept.30 – Tues. Oct. 7)
3. Complete the disconnecting assignment on the day selected
4. Have your parent/guardian sign the second permission slip indicating that you did the project
5. Use the “Let’s Talk” handout to have a conversation with your parent/guardian about technology and have them sign that permission slip.
6. Complete the reflection using the questions below.
7. Due Date: Friday 10/10

**Student Reflection Writing Prompt:**

Please respond in typed format to the questions below. You are expected to provide a thoughtful response to each prompt **and write at least one page.**

1. What was it like to “disconnect” for 24/48 hours? Please describe in detail. If you used your technology during the disconnect time please indicate that, discuss why and HOW much. BE HONEST!!!!
2. Will this project impact your future use of digital media, why or why not?
3. What are your thoughts about teenagers today in regard to digital media use? Is it a problem, why or why not? In what ways is it a problem? Please discuss at least several ways in which technology is interfering with or causing problems in the lives of teenagers.
4. What are two solutions to reduce our obsessions with technology? Please identify and discuss each.
5. What are at least TWO things that you learned from having a discussion about technology with your parents? (using the list of prompts on the previous page) If you were unable to have this discussion please see me in person to tell me why.

**Grading: The project will be graded with the attached rubric.**

**Writing/Submission Guidelines: DUE: Friday 10/10**

* **Typed**
* **12 Font**
* **Times New Roman**
* **Double-Spaced**
* **You also must submit both permission slips for project disconnect AND the Signature of Parent handout for Part Two (The Talk)**

**This assignment will count as a 50 Point Test Grade**